



# 3 DAY KICKSTART

## *Brain Fog Elimination Plan*

### ? UNDERSTANDING BRAIN FOG

*Frequently Asked Questions*

#### ▶ WHAT IS BRAIN FOG?

Brain fog is caused by a lack of blood flow to your brain. This lack of blood flow is called hypoperfusion and this condition triggers a domino effect of negative impacts on the brain.

Hypoperfusion causes inflammation in the brain which then causes damage to the cells of the brain. This damage to the cells causes the production of antibodies to get rid of the damaged cells in the brain. This then triggers the autoimmune mechanism in the brain to begin killing off brain cells.

This happens subtly over time and goes on for years and years, causing a great deal of damage to your brain.

#### HOW DOES BRAIN FOG FEEL?

Brain fog slows your reflexes and it slows your processing time. You may feel like you can't focus and everything in life is dulled. It is the difference between bleached and washed out colors and bright Caribbean colors. Brain fog can feel like you are "stuck in the mud" of life.

#### IS BRAIN FOG A SIGN OF ANXIETY OR DEPRESSION?

Brain fog is connected with anxiety and depression. The vast majority of people suffering from anxiety and depression have hypoperfusion in the frontal lobes of the brain. Hypoperfusion is lack of blood flow into your brain.

#### DOES BRAIN FOG NATURALLY OCCUR WITH AGE?

No. It's not normal, BUT it's unfortunately very common. There is no reason, no physiological reason why people can't learn new things such as languages in their 80's. Here is a great example, Professor Michael Marsh, the Godfather of Celiac Diagnosis, retired at 74. After he retired, he went back and got two Ph.Ds from Oxford University over the next six years.

## CAN PRESCRIPTION MEDICATION CAUSE BRAIN FOG?

Many medications can have a negative impact on your brain. You have to be an advocate for yourself, take a look at what you're taking and how it's affecting your brain and talk with your doctor. See if there are different ways to handle things.

**THERE IS A LOT OF INFORMATION AVAILABLE SO DO YOUR RESEARCH. HERE ARE TWO HELPFUL ARTICLES TO GET YOU STARTED:**

- ▶ [Four Brain Slowing Medications to Avoid if You're Worried About Memory](#)
- ▶ [Drugs and the Brain](#)



### 3 DAY KICKSTART *Brain Fog Elimination Plan*

The following 3-day Kickstart is designed to “**stop throwing gasoline on the fire**”, for a few days and provide the “**kickstart**” to better brain health and changes you will notice immediately.

#### GETTING STARTED

- ▶ Take the time to read over the instructions below and have each of the following ready to go and find a 3 day window in your calendar to fully commit to the kickstart protocol. Being prepared is the key to a successful kickstart.
- ▶ After you have completed your 3 day kickstart, gauge your improvement. You will notice a difference.
- ▶ Commit to these lifestyle modifications and supplement regiment for continued benefits to your brain function and health.

## 1 FOOD

*Remove all wheat products from your diet.*

- ▶ **Why is it that people get brain fog after they eat wheat?** It's not a day later, it's very shortly afterward. The most common reason is hypoperfusion, which is a lack of blood flow into the brain.
- ▶ **Swap out** your wheat with alternatives such as gluten-free bread made with flours from ingredients such as buckwheat, chickpea, corn/maize, millet, potato, rice and tapioca.

- ▶ **Beware** wheat can hide in unusual places, such as pre-made sauces and soups, condiments, alcohol, deli meats, and more. Always read those labels!

As the saying goes, “You can’t be a little pregnant.” you can’t have just a little wheat. It is important to commit to eliminating ALL wheat product from your diet.

- ▶ **Remove dairy and excess sugar** from your diet. Sugar and dairy are ingredients that many people eat every day, so avoiding them for 3 days can seem like an impossible goal. Here are a few tips for success:
- ▶ **Include healthy fats** with each meal. Examples include nuts, extra virgin olive oil, fatty fish, avocados and eggs.
- ▶ **Enjoy fresh organic fruits**, especially those with powerful antioxidants, to curb the sugar craving. Examples include strawberries, blueberries and blackberries.

## 2 SUPPLEMENTS

- ▶ **Fog Cutter** accelerates the regeneration, rebuilding nerve cells, rebuilding brain cells. It increases a rebuilding hormone in the brain called brain-derived neurotrophic factor, BDNF. It's the “mana from Heaven” for your brain. People will have reduced BDNF levels because of inflammation in the brain. Because of the inflammation, you don't rebuild healthier brain cells. BDNF is needed to rebuild the brain.
- ▶ **Proline Rich Polypeptides** or PRPs are components of colostrum, which have tremendous benefit for the brain.

*Click Here!*

## 3 EXERCISE

- ▶ **Add exercise** and movement into your daily routine. So your goal will depend on your age and current fitness level. If you are in your 20s you may want to try to hit the gym and take in a cardio class and if you are in your 70s it could be a power walk around the neighborhood. The goal is to be active and “kick it up a notch”.

# 4 HYDRATE

- ▶ **Proper hydration** is required for your brain to function optimally. Dehydration can impair short-term memory function and the recall of long-term memory.

▶ **How much water do you need each day?** The calculation is - half ounce per pound of body weight. So, if you weigh 120 pounds, that would mean you would need to drink 60 ounces of water per day. Start the day with two big glasses first thing in the morning and spread the rest of your water intake throughout the day.

# 5 EMFS

- ▶ **Electromagnetic field** (EMF) pollution disturbs immune function through stimulation of various allergic and inflammatory responses, as well as by affecting the body's tissue repair process. Today EMF pollution is everywhere from cell phones to computers to wireless baby monitors and more.

**Our goal** will be for 3 days to eliminate EMF pollution in the bedroom which is a room you spend a good portion of time each day. To do this, remove any alarm devices, whether they be a digital clock or your cell phone from your bedroom. If removing them all together is not possible, move them to the far side of the room as far away from your head as possible. Next, in the evening turn off your wifi before going to bed.

